

## **ABSTRACT OF THE DISCLOSURE**

An apparatus and a first method of the invention for stretching a user's leg muscles, the apparatus comprising a rocker device having an arcuately shaped lower rocking surface for rocking motion on a generally flat surface and an upper platform surface having a recess for receiving a user's knee in a bent condition of the user's leg for stretching the user's quadriceps upon rocking motion, and the first method comprising the steps of: (a) resting the lower rocking surface on a generally flat surface; (b) placing a user's knee in a bent condition in the recess of the upper platform surface; and (c) rocking the apparatus forwards using the user's knee in the recess to guide the rocking motion of the rocker device for stretching the quadriceps. The apparatus is alternatively positionable in a second position for stretching the hamstring and calf muscles using a second method of the invention.